

# OVERWEIGHT & OBESITY

## Overweight adults:

- In 1999, 53% of Montana adults were at risk for being overweight according to the new Body Mass Index (BMI) classification of overweight (i.e., BMI  $\geq 25$ ).
- According to the old classification for overweight used for Healthy People 2000 Objective 1.2 listed below, 30% ( $\pm 2\%$ ) of Montana adults aged 18 and older were overweight in 1999.
- From 1990 to 1999, there was an increase in the prevalence of overweight among Montana adults.
- Males (62%) were substantially more likely to be overweight than females (44%).
- Fewer adults aged 18 to 29 year olds (35%) were overweight than adults in older age classes ( $>50\%$ ).
- Education, income, and race had relatively little influence upon the percentage of adults who were overweight.

*Note: Body Mass Index (BMI) is used to indicate overweight. BMI is a ratio of weight to height [kg/m<sup>2</sup> or (lbs. x 700)/in.<sup>2</sup>]. The BMI standard for overweight was changed by the National Heart, Lung, and Blood Institute (1998) to BMI  $\geq 25$  for both sexes. Previously, overweight was defined as BMI  $\geq 27.8$  for males and  $\geq 27.3$  for females, which was the standard used by Healthy People 2000.*

## Obese adults:

- Sixteen percent of Montana adults were at risk for obesity (i.e., BMI  $\geq 30$ )
- From 1990 to 1999 there has been a steady increase in the prevalence of obesity among Montana adults.
- Adults aged 30 and older ( $>16\%$ ) were more likely to be at risk for obesity than adults less than 30 years of age ( $<9\%$ ).
- Education, income, and race had little discernable influence on the prevalence of obesity among adults.

*Note: According to the National Heart, Lung, and Blood Institute (1998), persons with a BMI  $\geq 30$  are at risk for being obese.*

## Healthy People 2000 Objectives:

- 1.2 Reduce overweight (BMI  $\geq 27.8$  for males and BMI  $\geq 27.3$  for females) to a prevalence of no more than 20 percent among people aged 20 and older.

## Healthy People 2010 Objectives:

- 19-1 Increase the proportion of adults (to at least 60 percent) who are at a healthy weight ( $18.5 \leq \text{BMI} \leq 25.0$ ).

**Table 5. Overweight and Obesity, Montana Adults, 1999**  
(with 95% confidence intervals).

	Overweight*				Obese^			
	Total No.	No.	%	CI (+/-)	Total No.	No.	%	CI (+/-)
<b>All Adults:</b> 1999	1743	916	52.7	(2.6)	1743	275	15.8	(1.9)
<b>Sex:</b>								
Male	765	478	61.6	(3.9)	765	132	17.3	(2.9)
Female	978	438	43.8	(3.4)	978	143	14.3	(2.4)
<b>Age:</b>								
18 - 29	273	95	34.8	(6.2)	273	23	8.5	(3.7)
30 - 44	501	241	50.5	(4.9)	501	84	17.7	(3.8)
45 - 64	597	373	62.6	(4.2)	597	114	18.4	(3.3)
65+	372	207	59.0	(5.6)	372	54	16.5	(4.4)
<b>Education:</b>								
<High School	168	88	53.3	(8.4)	168	28	17.8	(6.5)
High School	597	314	52.9	(4.5)	597	100	17.2	(3.4)
Some College	495	255	51.6	(4.9)	495	76	15.6	(3.6)
College Degree	480	257	53.0	(5.0)	480	70	13.6	(3.2)
<b>Income:</b>								
<\$10,000	85	37	43.4	(12.2)	85	15	15.0	(8.0)
\$10,000 - \$19,999	230	128	57.5	(7.3)	230	49	22.5	(6.1)
\$20,000 - \$34,999	474	248	51.4	(5.0)	474	71	14.8	(3.5)
\$35,000 - \$49,999	266	154	58.6	(6.4)	266	38	15.0	(4.7)
\$50,000+	310	164	53.3	(6.3)	310	49	16.1	(4.7)
<b>Race:</b>								
White, non-Hispanic	1619	845	52.3	(2.7)	1619	148	15.3	(1.9)
Non-white or Hispanic	119	70	59.5	(9.9)	119	26	23.1	(8.6)

\* Overweight = BMI  $\geq 25$

^ Obese = BMI  $\geq 30$

**Figure 3. Montana Adults Who are Overweight or Obese according to Body Mass Index, 1990-1999.**

